

[Welcome to Care Conversations](#)[View this email in your browser](#)

The  
Excellence  
Centre

CARE CONVERSATIONS

FORWARD  
FROM  
DR TINA LAMONT // Director TEC



Dear Friend,

Every day presents us with wonderful possibilities to exercise our God-given capacity to lead and serve.

Last week our Care Conversations focused on integrity and good character in Christian leadership and how this is fostered in community as we fellowship with each other.

The Christ-centred community of God is a unique place for us to gather and grow in godliness shaped by the Bible. Together we can encourage each other and flourish in our lives and leadership.

We trust this week's Care Conversation that focuses on spiritual discipline will

equip you in how you lead and influence others in their journey of faith.

Yours in Christ,

*Dr Tina Lamont*

*Director TEC*

*The Excellence Centre*

Series 13:

## PERSONAL AND COMMUNITY SPIRITUAL FORMATION

## REFLECTION BY BRIAN COX

Consultant in Leadership & Education

Number 3:

## SPIRITUAL DISCIPLINES

Leaders influence people. That's what leaders are designed to do. Christian Leaders have a very specific responsibility. That is to help people to grow in their relationship with God and be responsible disciples of Christ.

A leader's opinions have no more value or authority than anyone else's. It is vitally important that a Christian leader communicates content that is Biblical Grace and Truth in a way that reflects Biblical Grace and Truth.

How can we know this Grace and Truth that is Christ? Only through spiritual discipline.

Disciplines are things that we do, not just how we feel or even what we think. Spiritual Disciplines are active, consistent practices that inform our minds, our hearts and our actions

We are to “discipline ourselves for the purpose of Godliness.” <sup>[1]</sup>

This is all the more critical for Christian Leaders whose task is to enhance the Christian community and lead others to know and reflect Christ.

The key foundation of all Spiritual Disciplines is the Bible. God has clearly revealed that His prime revelation is the person of Christ, who is revealed in the Scriptures.

All other Spiritual disciplines are founded upon the Scriptures and are informed by the Scriptures.

Now, if you are like me, discipline does not come easily! I struggle with the discipline of regular Bible reading. I seem to be easily distracted from starting to read; then easily distracted from continuing!

The solution is discipline. I discipline myself, not just to read the Bible and pray, but to want to grow in my relationship with God. For me, discipline has to involve some external pressure.

Firstly, I have a plan. My reading is not random. I set out to know what I can about the person of Jesus, the nature of the Father and the work of the Spirit in a particular book or letter.

Secondly, I read slowly and in natural length pieces. If I have 20 minutes of time, I only read for about ten minutes; then reflect on that passage for another ten minutes.

I find that the discipline of prayer then arises from my reading and reflection.

Another discipline that I experience, is because of what I’m called to do. I spend a lot of my time speaking with Christian Leaders, teacher groups, families and students. I am very aware that what I say must not be worldly opinion, but as Biblically accurate as possible. This weighty responsibility is upon all of us who are Christian leaders. It leads us to discipline ourselves for the purpose of Godliness.

How do you engage with Spiritual Disciplines?

Desiring to grow in Godliness together.

---

[1] 1 Timothy 4:7-8

*Brian Cox*

Consultant in Leadership & Education



Share



Tweet



Share



Forward

---

Join the TEC Connections List to receive these emails

[Subscribe here](#)



We value your questions, thoughts and comments; so why not drop us a line to share how this newsletter has helped / inspired you. [Send us an email](#)



**Our Vision**...to transform the thinking of Christian Education

We pursue our vision from a biblical base by aiming:

- To be authentically Christian
- Provide excellent products, services and research products
- Practice Christian Community

The Excellence Centre is a not for profit ministry of Pacific Hills Christian Education based at our Dural Campus in Sydney Australia.

You can read more about TEC at: [www.theexcellencecentre.org](http://www.theexcellencecentre.org)

---



## Connect with the latest conversations



For I will restore health to you and  
heal you of your wounds, says the  
Lord.  
Jeremiah 30:17

The Excellence  
Centre

### facebook

TEC posts every weekday.

 **Like us for:**

- Motivational Posts
- Scriptures
- News & Events
- Quotes
- Website Information
- & much more



*Copyright © 2019 The Excellence Centre, All rights reserved.*



+61 2 9651 0712



[email us](#)

### Want to change how you receive these emails?

You can [update your preferences](#) or  
if you do not wish to receive these  
reflections from Dr Ted Boyce or his team please  
[unsubscribe from this list](#)



Join the TEC Connections List to receive these emails

[Subscribe here](#)

---